



Roasted Beer Butt Lime Chicken



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



1

CALORIES



2510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer canned
- ☐ 1.5 teaspoons rosemary dried
- ☐ 1 clove garlic minced
- ☐ 1.5 teaspoons ground pepper black
- ☐ 0.3 onion red peeled
- ☐ 0.8 teaspoon salt
- ☐ 1 cup water
- ☐ 5 pound meat from a rotisserie chicken whole

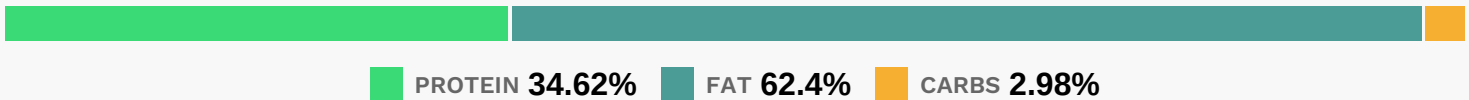
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Rinse the chicken, inside and out, and pat skin dry with paper towels.
- ☐ Squeeze juice from lime halves over the outside of the chicken and place the squeezed halves in the cavity.
- ☐ Sprinkle cavity with minced garlic. Stir salt, black pepper, and rosemary in a small bowl and season the outside of the chicken with the mixture.
- ☐ Place chicken upright in a roasting pan, with the beer can inserted into the cavity far enough so the chicken doesn't fall over.
- ☐ Place the onion into the neck cavity to block steam from escaping.
- ☐ Pour water into the bottom of the pan.
- ☐ Roast the chicken upright in the preheated oven until sizzling and an instant-read meat thermometer inserted into the thickest part of a thigh reads 180 degrees F (80 degrees C), 1 1/2 to 2 hours. Baste occasionally with pan drippings.
- ☐ Let chicken cool for about 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:199.5, Glycemic Load:6.13, Inflammation Score:-10, Nutrition Score:51.821739196777%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 2510.32kcal (125.52%), Fat: 164.11g (252.48%), Saturated Fat: 46.99g (293.67%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 16.3g (5.93%), Sugar: 1.22g (1.35%), Cholesterol: 816.47mg (272.16%), Sodium: 2533.87mg (110.17%), Alcohol: 13.27g (100%), Alcohol %: 0.99% (100%), Protein: 204.86g (409.72%), Vitamin B3: 75.87mg (379.36%), Selenium: 159.52µg (227.89%), Vitamin B6: 4.05mg (202.41%), Phosphorus: 1665.31mg (166.53%), Vitamin B5: 10.14mg (101.4%), Zinc: 14.45mg (96.3%), Vitamin B2: 1.41mg (82.83%), Potassium: 2243.19mg (64.09%), Magnesium: 249.51mg (62.38%), Vitamin B12: 3.44µg (57.38%), Iron: 10.32mg (57.36%), Vitamin B1: 0.69mg (46.19%), Manganese: 0.71mg (35.48%), Copper: 0.64mg (31.96%), Vitamin A: 1545.99IU (30.92%), Vitamin C: 20.48mg (24.83%), Folate: 92.01µg (23%), Vitamin E: 3.31mg (22.03%), Vitamin K: 21.4µg (20.38%), Calcium: 168.5mg (16.85%), Vitamin D: 2.18µg (14.51%), Fiber: 1.35g (5.41%)